

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Range in Days per Week that Children Met the Physical Activity Guideline (Diary Sample)

For about how many days in the past week did you exercise or were you physically active for a total of 60 minutes (or more) throughout the day?

	Days per Week Getting 60+ Minutes of Moderate and/or Vigorous PA, Percent of Children			
	0-2	3-4	5-6	7
Total	20	24	34	22
Gender				
Males	13	22	36	28
Females	28	26	31	16
Ethnicity				
White	16	27	32	25
African American	20	27	34	18
Latino	25	19	33	23
Asian/Other	15	31	39	16
Income				
≤\$19,999	25	16	35	23
\$20,000 - \$49,999	20	23	34	22
≥\$50,000	18	26	33	22
Federal Poverty Level				
≤ 185%	21	21	35	23
> 185%	20	25	33	22
Food Stamps				
Yes	23	9	17	51
No	20	24	35	20
Overweight Status				
Not at Risk	17	22	35	26
At Risk/Overweight	23	27	34	16
Physical Activity				
≥60 minutes	5	23	37	34
<60 minutes	37	24	30	9
School Breakfast				
Yes	10	12	41	37
No	22	26	32	19
School Lunch				
Yes	20	21	34	25
No	19	28	34	19
Nutrition Lesson				
Yes	16	27	35	22
No	26	20	32	22
Exercise Lesson				
Yes	20	25	32	23
No	21	20	38	21

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001